

# School Health Promotion Newsletter Articles

JUNE: Think Health & Safety



## Very Short Text:

Summertime means lots of outdoor fun for you and your family. Stay safe and healthy! Give your kids a water bottle during outdoor adventures so they get enough to drink. Apply sunscreen with at least SPF 30 and UVA and UVB protection every time your child goes outside. Also, make sure they wear a helmet while biking, skateboarding, using a scooter and during similar activities.

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## Short Text:

Summertime means lots of outdoor fun for you and your family. These three guidelines will help make sure kids stay healthy and safe!

- **Drink Water:** Give your kids a water bottle during outdoor adventures so they get enough to drink.
- **Apply Sunscreen:** Use sunscreen with at least SPF 30 and UVA and UVB protection every time your child goes outside.
- **Wear a Helmet:** Helmets are recommended for the following activities:
  - Bikes, scooters, inline skates, skateboards – any recreational activity that involve wheels
  - playing a contact sport
  - batting and running bases in baseball or softball
  - riding a horse

Stay safe and have a great summer!

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## Longer Text:

Summertime means lots of outdoor fun for you and your family. These three guidelines will help make sure kids stay healthy and safe!



- **Drink Water:** Give your kids a water bottle during outdoor adventures so they get enough to drink. Also, limit the sweet drinks because beverages with large amounts of sugar actually cause you to lose body fluid.
- **Apply Sunscreen:** Use sunscreen with at least SPF 30 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don't forget to protect ears, noses, lips and the tops of feet.
- **Wear a Helmet:** Helmets are recommended for the following activities:
  - Bikes, scooters, inline skates, skateboards – any recreational activity that involve wheels (In Fairfax, everyone 14 years and younger must wear a helmet while riding or being carried on a bicycle.)
  - playing a contact sport, such as football, ice hockey or boxing
  - batting and running bases in baseball or softball
  - riding a horse

Stay safe and have a great summer!

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